



25 January 2019

Dear Parents/ Guardians

**MOE SEXUALITY EDUCATION IN SCHOOLS - *THE GROWING YEARS PROGRAMME***

Sexuality Education (SEd) in schools is about enabling students to understand the physiological, social and emotional changes they experience as they mature, develop healthy and rewarding relationships including those with members of the opposite sex, and make wise, informed and responsible decisions on sexuality matters. SEd is premised on the importance of the family as the basic unit of society. This means encouraging healthy, heterosexual marriages and stable nuclear family units with extended family support. The teaching and learning of SEd is based on respect for the values and beliefs of the different ethnic and religious communities in Singapore on sexuality issues.

2. The goals of Sexuality Education are:
- (i) To help students make wise, responsible and informed decisions through the provision of accurate, current and age-appropriate knowledge on human sexuality and the consequences of sexual activity;
  - (ii) To help students know themselves and build healthy and rewarding relationships through the acquisition of social and emotional skills of self-awareness, management of their thoughts, feelings and behaviours, development of empathy for others, possession of effective communication, problem-solving and decision-making skills; and

- (iii) To help students develop a moral compass, respect for themselves and for others as sexual beings, premised on the family as the basic unit of society, through the inculcation of positive mainstream values and attitudes about sexuality.
3. The key messages of Sexuality Education are:
- (i) Love and respect yourself as you love and respect others;
  - (ii) Build positive relationships based on love and respect (which are the foundation for strong families);
  - (iii) Make responsible decisions for yourself, your family and society; and
  - (iv) Abstinence before marriage is the best protection against STIs/HIV and unintended pregnancies. Casual sex can harm and hurt you and your loved ones.
4. Please visit the school's Sexuality Education webpage <http://www.crestsec.edu.sg/programme/sexuality-education> for more information on Crest Secondary School's Sexuality Education Programme for 2019.
5. Thank you.

Yours faithfully,

\_\_\_\_\_  
Mr Seet Tiat Hee  
Signature of Principal

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**[Acknowledgement of Letter (For all parents)]**

Dear Mr Seet Tiat Hee

**THE GROWING YEARS PROGRAMME FOR YEAR 2019**

I acknowledge receipt of letter from the school dated on 25/01/19 regarding the school's sexuality education, *Growing Years* programme that will be taught in 2019. I have read and understood the information provided on the content coverage and delivery of the programme.

\_\_\_\_\_  
*Parent's Name & Signature*

\_\_\_\_\_  
*Date*

Parent of: \_\_\_\_\_ ( \_\_\_\_\_ ) \_\_\_\_\_  
*(Child's Name) Class*

**Annex A**

**[Parent Opt-out Form –This section is applicable only if parents wish to opt their child out of the Growing Years programme.]**

Date: \_\_\_\_\_

Parent's Name: \_\_\_\_\_

Parent of (Child's name): \_\_\_\_\_

Mr SeetTiatHee

Crest Secondary School

Dear Principal

**THE GROWING YEARS PROGRAMME FOR YEAR 2019**

1. I would like to withdraw my child, \_\_\_\_\_, of  
(full name of child)

\_\_\_\_\_ from the *Growing Years* programme for 2019.  
(class of child)

2. My reason(s) for my decision to opt my child out of the programme:

- Religious reasons
- My child is too young.
- I would like to personally educate my child on sexuality matters.
- I do not think it is important for my child to attend Sexuality Education lessons.
- I have previously taught my child the topics in the GY Programme for this year.
- I am not comfortable with the topics covered in the GY Programme for this year.

Others: \_\_\_\_\_

\_\_\_\_\_

3. Thank you.

\_\_\_\_\_  
*Parent's Name & Signature*

\_\_\_\_\_  
*Contact No. (mobile)*

\_\_\_\_\_  
*Email address (optional)*

Annex B

Dear Sir/ Madam



***eTeens***  
**STI (Sexually Transmitted Infections) /**  
**HIV (Human Immunodeficiency Virus)**  
**Prevention Programme in Schools**

1. In view of the increasing number of STIs reported among youth aged 10-19 years<sup>1</sup>, HPB, in collaboration with the Ministry of Health (MOH) and the Ministry of Education (MOE), developed a STIs/HIV prevention programme titled *eTeens* for students in secondary schools and JC/CIs. The programme aims to raise awareness on STIs/HIV, inform students about ways to prevent infection and discourage risky sexual behaviours. Abstinence and upholding family values are the key messages in the programme.

2. *eTeens* for Secondary 3 students comprises an assembly talk and a classroom-based lesson. It covers information on the transmission modes of STIs, the signs, symptoms and consequences of contracting STIs/HIV, effective methods of preventing infection including abstinence from pre-marital sex, being faithful to one partner in the context of marriage as well as condom use. It also teaches life-skills such as decision-making, assertiveness and negotiation skills. *eTeens* is conducted in schools by trained personnel from HPB and teachers. A factsheet on the programme, which is available on the MOE website<sup>2</sup>, is enclosed.

3. If you do not wish your child/ward to attend this programme, please complete the form on the next page and return it to the school. For any clarification regarding this programme, please email us at [hpb\\_yhp@hpb.gov.sg](mailto:hpb_yhp@hpb.gov.sg).

Thank you.

Yours sincerely

Dr Chris Cheah  
Deputy Director  
Communicable Disease Education  
Regional Health and Community Outreach Division  
Health Promotion Board

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<sup>1</sup> Reported cases of STIs among youth aged 10-19 years increased from 238 cases in 2002 to a peak of 820 cases in 2007.

<sup>2</sup> [www.moe.gov.sg/education/programmes/social-and-emotional-learning/sexuality-education/scope-and-teaching-approach-of-sexuality-education-in-schools](http://www.moe.gov.sg/education/programmes/social-and-emotional-learning/sexuality-education/scope-and-teaching-approach-of-sexuality-education-in-schools)

**eTeens Opt-out Form**

**Please complete this section if you DO NOT wish your child to attend the eTeens Programme and return it to the school.**

I, (name) \_\_\_\_\_, do not wish my son/daughter/ward\*, (name) \_\_\_\_\_ of class \_\_\_\_\_, to attend the eTeens STIs/HIV Prevention Programme conducted by the Health Promotion Board.

My reason(s) for opting out:

- My child is too young.
- I would like to personally educate my child.
- I am not comfortable with the topics/content to be covered.
- Religious reasons
- I have previously taught my child the topics/content to be covered.
- I do not think it is necessary for my child to attend.
- Others (please state): \_\_\_\_\_

\_\_\_\_\_  
Signature of Parent/Guardian

\_\_\_\_\_  
Date

# ***eTeens***

*Wise. Informed. Sensible. Empowered*

## **AIMS OF *eTEENS***

1. The Empowered Teens (*eTeens*) programme aims to provide students with accurate information to help them make good decisions in their life choices. It raises awareness and knowledge about the following:
  - a) awareness of the different sexually transmitted infections (STIs) and HIV/AIDS;
  - b) modes of transmission for STIs and HIV/AIDS;
  - c) modes of protection against infection, specifically abstinence and the correct use of condoms;
  - d) skills for decision-making, assertiveness, negotiation to say “no” to peer pressure to have pre-marital sex; and
  - e) consequences and impact of STIs/HIV.

## **FORMAT OF PROGRAMME**

2. The *eTeens* programme comprises an assembly talk and a classroom-based lesson:
  - a) The mass talk is conducted by a speaker engaged by the Health Promotion Board (HPB) from an approved panel. The presentation follows an approved guide.
  - b) The duration of the assembly talk is about 1 hour. It includes a multi-media presentation, video screening as well as presentation of key learning points.
  - c) The classroom-based lesson reinforces skills of responsible decision-making, negotiation and assertiveness. The suggested time for the lesson is about one hour.
  - d) Training for teachers to conduct the classroom-based programme is provided for by MOE and HPB.